

The Keys to Success and Personal Growth

The Keys to Success and Personal Growth.....	1
A Plan.....	3
Focus	3
Visualization	4
Be open to change and new ideas	4
Attitude is everything – the old phrase is true	4
Positive thinking	6
Mind Power.....	8
Springboard to life	8
The Mind Is A Finger Tapping Into Your Inner Powers	8
When Success Is All In The Mind....	9
Dealing With Fear Of Failure Issues	9
Other Success Strategies	11
The Rule Of The Farm.....	11
No Shortcuts.....	12
Keeping Track.....	12
Stress	12
Keeping Positive And Eliminating Negative.....	13
Create A Realistic Plan For Success	15
Review the Past.....	16
Create a Plan	16
Monitor Goals Regularly	17
Take Charge of Your Mindset	17
Overcome Challenges	18
Yes, Just Say No	18
Embrace Change	18
Continued Education.....	19
Give Back / Lose “Self” in Self-Improvement	19
Time & Business Management	20
Get Help	20
Safety	20
JVs / Collaborations.....	21
Praise / Compliments	21
Financial Improvement	21
Feedback	22
Passing the Buck	22
The Greatest Motivation: Success	22
Never lose sight of success	23
Surrounding Yourself With Success Minded People.....	23
A Book Of Vision	24

No matter how you view success, there are many different ways to turn your life into a more successful one. And here, we have outlined several keys to success that almost anyone can use, regardless of whether they want to make changes in their business, lose weight or improve their marriage.

A Plan

Without a plan, everything is doomed right from the start. Key No.1, you **MUST** have a plan. If not a concrete one, at least have a basic idea of how you're going to reach your goal. Let's say you want to have a better relationship with your wife. Think about ways to do it and some of the things you may have to think about are....what does your wife like, what would make her feel good, how would you like the relationship to change, what would make you feel happy with the marriage....etc. After identifying areas of change, device a plan that can help you work towards a better marriage. If it's more business you want, device a plan that won't break your bank account to help bring in more sales. Creative ideas and innovative execution if often required.

Focus

It's easy for any single one of us to get distracted in the middle of the journey, no matter how gung-ho we started out in the beginning. At the starting point, you're excited and raring to go; towards the middle, it gets harder and you're struggling to remember why you're doing this in the first place. And when you get past the hardest part, it's the final leg of your journey, the focus and the endurance part. It's like trying to kick a drinking problem. In order to be successful, you have to consistently work towards that goal, make an effort to REMEMBER that goal and repeatedly psyche yourself up for it every single day.

Visualization

Most successful athletes use this technique to help them get their Gold medals. If you want to earn a million dollars from your business within 3 years, you've got to sit down and ENVISION yourself rolling around in the money. You're happy and financially free, in your vision. You see, the more you envision yourself in the situation, the more you want it. The more you want it to happen, the more the mind will help you strive and work towards that goal. And when your mind is committed to the goal, everything will slowly but surely fall into its rightful place.

Be open to change and new ideas

Yes, you've got a plan and yes, you've got a sense of purpose now. But does this mean that you cannot change your plans or alter your purpose? No, definitely not. Part of the process of reaching your goal requires that you remain open to other people's ideas, input, feedback and thoughts. As soon as you spot something better, you have to grab it, evaluate it, decide whether you want to use the idea or not or how it would fit into your plan, and then discard it or use it. The goal remains the same but the process can change. If you are not adaptable to change, you may be losing out to your competition or your peers because they're catching on with the latest technology and trends and reaching their goals faster than you.

Attitude is everything – the old phrase is true

We have all heard the old phrase - attitude is everything, and that phrase is certainly true. Your attitude can have a profound impact on your level of success, so it is important to keep that positive attitude no matter what challenges and roadblocks are thrown up in your way.

As a matter of fact, keeping your attitude a positive one in the face of overwhelming odds is one thing the owners of the most successful businesses have in common. The most successful business owners, from the Sam Walton to Bill Gates, have all been able to triumph in the face of adversity. It is those successful business owners many people have in mind when they tell you that attitude is everything.

We all know that the old saw that attitude is everything is true, but how you deal with that knowledge that will determine your level of success, or your lack of success.

One of the most important ways to implement that attitude is everything axiom is to watch who you associate with and who you surround yourself with. That is because surrounding yourself with negative people can cause their negative attitudes to rub off on you. When people say attitude is everything that applies to negative attitudes as well as positive ones.

Surrounding yourself with those people exhibiting positive attitudes, however, will also be contagious, but in a good way. Keeping your network of associates, colleagues, coworkers and friends as positive as possible is a great way to put the phrase “attitude is everything” into practical use.

Whatever you decide to do in life, your attitude will have a profound effect on the success you achieve. Success, whether in the world of business or in your personal life, is directly related to your attitude, and the attitude you bring to your work.

A positive attitude will help you achieve greater success in your job, no matter what your current level of employment. Many people are still able to work their way up through their companies, even in today’s competitive environment. Exhibiting a positive attitude can go a long way toward helping you get the most from your employment, and it can help you get the attention of those in a position to help your career as well. That is because those

business achievers are likely to understand that attitude is everything, and they can recognize your positive attitude and award it appropriately.

A positive can do attitude is important to being a quality employee, but taking the phrase attitude is everything to heart is absolutely essential if you plan to start your own business. Whether your plans are for a one person part time enterprise, or a nationwide company employing hundreds or thousands of people, the attitude you express will be reflected in your business and in the members of your staff. If you show a positive attitude to your employees, they will be willing to go the extra miles to make your business thrive, and everyone will benefit.

Positive thinking

Filling one's mind with positive thoughts and encouraging beliefs can empower one to become far more successful than one actually is. Even if that person cannot fully unleash their full personal potential, he or she will actually see and feel himself or herself move up rung-after-rung on the ladder of success!

Using positive thinking to improve your life can be....just that...life-changing. It's when you admit thoughts, words, images that are conducive towards your growth and use it for the betterment of your life, you're using positive thinking. Positive thinking can be done using mere thoughts, eliminating negative ones, using words and phrases or quotes; or some people use positive affirmations and visualization to help improve their lives. It all depends on what works best on that person and with positive thinking, no two persons respond the same way to the same method. Everyone is different.

An open and positive mind is not only open to ideas on how to improve his or her life, he or she is actually using the mind to control his or her decision so that he or she can achieve better results in life. A positive mind anticipates

happiness, joy, health and success. When the mind anticipates these things, that person will make decisions based on these expectations.

Even though many people have heard about the benefits of positive thinking or have seen the encouraging outcome of people who have turned their lives around using this technique, some, sadly, still scoff at the idea and choose to think that it's all a bunch of hogwash! The problem with these people who choose not to believe in positive thinking is that they are not informed enough to make a sound judgment and have not tried out the method or even if they've tried out the positive thinking method, did it wrongly. Despite the fact that some people remain unbelieving of the positive thinking concept, the topic is quickly gaining ground and popularity, judging from the number of books, lectures, papers, thesis's and guides written to help people use positive thinking techniques more effectively.

Let's use an example to illustrate how positive thinking can change one's life.

Emma thought that her life was over when she found out that her cheating husband is filing for divorce. She will be saddled with their child, Emily, with no fixed income. Her life is over, as far as she is concerned. She has a very negative outlook in life and has no self-esteem left. A friend recommended positive thinking to Emma after her divorce to cure her of the drinking problems and insomnia that Emma has been feeling. Her life didn't have to fall apart, according to that friend.

And her friend was right, with the techniques of positive thinking, Emma, today, is successful in her own right as a secretary, earning a nice income, living in a nice apartment with Emily and enjoys a fulfilling life as a career woman and mother. She's even dating now and this is the kind of happy ending positive thinking is capable of providing.

Once you stop believing that one mistake, one negative event can destroy you, positive thinking can turn your life around...for the better.

Mind Power

Most of us are familiar with the old adage “Where there’s a will, there’s a way”. With this simple but true statement, the possibility of using one’s mind to overcome obstacles, problems and mistakes...is projected. And believe it or not, even Yoga uses the simple logic of mind over matter to help people de-stress and detach from the real world to enter a reality that is totally in their mind.

Springboard to life

Sometimes, mind power is also loosely termed as affirmations. Many believe that affirmations can help lift shattered spirits and mend broken hearts. It can help people get back on their feet when they feel that they are beaten. It can bring the soul back to life when the soul sinks into depression. No scientifically designed drug or medication works as effectively as mind power.

In some cases, using the power of the mind to control an outcome or break a negative trend can be life changing too. For instance, if someone has been going through a cycle of bad relationships, there is a way of breaking that chain and prevent history from repeating itself. Self-hypnosis, for one thing, is also considered a method of controlling the mind to help the owner of that mind control his actions.

The Mind Is A Finger Tapping Into Your Inner Powers

And oh, let’s not forget the preaching of some of the self-help gurus out there who tells you that if you learn how to control your own mind, you can tap into a limitless, bottomless pit of opportunities and unleash the giant from within your small self so that you can achieve the most out of your life. It’s true. The subconscious mind can be controlled and can be used to our advantage.

Well, the brain and the mind are, for most of common folks, the same thing. It's the grey matter up in there. But for successful people and people who understand, comprehend and embrace the power of mind-control knows that the brain and the mind are totally different things altogether. You use the brain to decide what to do when there's a mistake; you use the brain for mathematical solutions. But you don't use the mind to do all of that. The mind is like a hardly-used passageway between the heart and the brain. Using your mind is connecting the heart (your love, interests, passion, and beliefs) and the brain (logical thinking and assessment of actions and decisions).

Knowing how to use the mind is extremely, extremely empowering!

When Success Is All In The Mind....

The difference between those who make it and those who don't is that some of these successful people are success-minded. And when one is success-minded, he or she will spend a certain period of time every day mentally going 'into' himself or herself, evaluating his or her own needs, requirements, goals, mistakes, focus, and talents. The process of 'going into oneself' is akin to concept of having mind power capabilities.

So, if you think you want to cruise around in a red, hot Ferrari, go ask your mind for one. You can overcome anything, even the financial burden of buying a Ferrari – if you really want it your mind will help you devise a plan to achieve it.

Dealing With Fear Of Failure Issues

The fear of failure is probably the number one problem holding people back from the success they desire and deserve. Conquering the fear of failure may just be the single most important thing you can do to improve your level of success and achieve your dreams and goals. There are many ways to

conquer the fear of failing, and it is important to choose the techniques that best suit your own personality and style.

When dealing with and addressing fear of failure issues, it is important to first understand that such fears are perfectly normal and justified. After all, no one likes to fail, and repeated failures can be enough to make some people stop trying altogether. Although fear of failure may be normal, it is also important to know that it can be overcome.

Many of the most successful people in the worlds of entertainment, business and politics failed repeatedly before they made it big. It is rare indeed to encounter someone who was a true overnight success in any field. Most people got there through hard work and perseverance, and that means they learned to handle rejection and put their fear of failure aside in order to achieve their goals.

The first step in conquering a deep seeded fear of failure is to take a step back and see that failure is not the end of the road. Just because you failed to achieve your goal today does not mean you will not go on to triumph tomorrow. The key is to learn from every setback, and to treat every failure as an opportunity to learn rather than as a reason to stop trying.

While it is true that if you never try anything new you can eliminate your fear of failure, this technique will not lead to a healthy and fulfilling life. New experiences, whether in the social world, your personal life, or in the business arena are what gives life its spice and spark. Eliminating these important elements of life just because you are afraid you will not succeed, is not the way to a fulfilling life.

Rather, the road to a fulfilling life, a successful business and a rewarding personal life lies in seeing failure as a temporary setback and not a permanent condition. Once you have come to see failure as permanent, it is easy to become depressed and discouraged. If, on the other hand, you see

failure as temporary, and use it as a way to learn and grow, your fear of failure will be diminished or even eliminated.

Of course, dealing with fear of failure in this manner is easier said than done, and it will take a lot of work, perseverance and patience to truly overcome a fear of failure. It all boils down to having a positive attitude, and knowing that you can succeed. The people you surround yourself with can have a significant impact on your success as well. For instance, if you choose to surround yourself with people who are negative, or those who think they can never succeed, that bad attitude is bound to rub off on you, and make conquering your fear of failure that much harder.

If, on the other hand, you can surround yourself with positive people, those who express a can do attitude about life, that attitude will be infectious as well. A positive attitude is as easy to spread as a negative one, so try to keep your circle of contacts positive and focused on your goals.

Other Success Strategies

While there is no rule of thumb or ten commandments when it comes to becoming successful in life, there are things you can do and rules you can follow to make your dreams more real. And here, some of the most important strategies have been outlined for you.

The Rule Of The Farm

Farmers do it and Jesus taught this to his disciples. "As we sow, so we shall reap". The principle is that success is not an overnight thing. It's got nothing to do with nightly prayers (definitely couldn't hurt though). And it's got nothing to do with watching others become successful. It's got to do with consistent work and effort - day in and day out. Farmers tend to their crops every single day without fail, and when the time comes, they reap the benefits from their effort.

Success is a lot like that. Continuous and consistent effort makes a world of difference.

No Shortcuts

There are shorter journeys and there are longer journeys but the harsh truth is that there are no shortcuts. The length of the journey is a direct result of the level of commitment and effort one puts into becoming successful. The harder you try, the shorter your journey. Shortcuts often lead to disappointments. While luck may have something to do with becoming successful, shortcuts have nothing to do with success.

Keeping Track

While the mental state of a person says a lot about becoming successful, the physical act of a person does make a difference too. Have a plan, keep to it and track your efforts. Keeping track of the things that you do and the success rate of those efforts will help you understand what you are doing right and what it is that you're doing wrong. And during this journey of yours, you can fine tune your plan and map out the route you want to travel. The better you adapt and change according to circumstance and requirement, the faster you will get to where you want to go.

Stress

Every breathing human being has to deal with stress whether we like it or not. And if you want to be successful, you'll have to learn how to deal with stress better. There are two tiers to stress. One, you have to learn how to deal with the daily stress level in your life. Two, you have to learn how to channel stress energy somewhere else and turn them around to work for you. Yes, stress can be your ally, not your enemy. Learn how to turn stress to become a

motivating factor. Every time you are stressed, push forward and channel it towards achieving something, doing something beneficial towards your dreams. And most importantly, never waver from your goal just because you're stressed.

Keeping Positive And Eliminating Negative

Easier said than done – we know. First off, start with eliminating negative influences in your life. Once the negatives are out of the way, it's easier for you to become positive. Surround yourself with things that will benefit you, and hang out with positive, successful or success-minded people. And embrace the positive....let them overwhelm and influence you.

Living Your Life With Purpose And Enthusiasm

These days it can be harder than ever to live life with a purpose. Just struggling for existence day in and day out can be a daunting task, and things like spiritual, personal and professional growth often get lost in the minutiae of day to day living.

It would be a mistake, however, to ignore the more subtle aspects of life, especially since things like purpose and enthusiasm can have such a profound impact on your success, not only personally but professionally as well. Attitude is such a vital part of success in the business world that there are personal coaches who do nothing but teach people how to improve their outlook, battle the forces of negativity and get the most from themselves and those around them.

It is easy to see, therefore how purpose and attitude can impact you in all facets of your life. Many people feel that their professional and personal lives are two distinct entities. They may even try to draw a bright line between the two and keep the two worlds separated as much as possible. While it is

possible to keep the worlds of work and home life separate, it is all but impossible to keep them from impacting each other.

For instance, your personal life collides with your professional life whenever a personal issue such as family illness keeps you from being at work or working to the best of your ability. It is best to try to combine the worlds of work and personal life, and to allow the purpose and excitement you bring to your personal life to bleed over into your working relationships as well.

Of course all this is easier said than done, but the first step is to recognize the importance of having a purpose in life. Having a purpose, and feeling you are making a difference, is vital to both personal fulfillment and success in your career. After all, if you are not able to see the big picture and understand how you fit into the grand scheme of life, how will you ever be able to achieve your goals?

Success and purpose are irreversibly linked, and the most successful people are often the most fulfilled. Those who know their purpose in life are free to explore it to the fullest, and to focus on what they can give back to those they care about and to the community at large. This giving back is one of the surefire ways to gain personal and professional fulfillment.

One way many people find both fulfillment and purpose is through helping others. There is certainly no shortage of ways to help, and no shortage of those in need. While it is great to simply write a check to your favorite charity, most people get more out of actually volunteering their time, in addition to giving their money. Volunteerism provides many benefits to both the volunteers and those they help. While the advantages of volunteerism to those in need is obvious, it is important to remember that the volunteers themselves are rewarded with a sense of belonging and purpose, and with a feeling of satisfaction and the knowledge that their contribution has made a real difference in the world.

Create A Realistic Plan For Success

Every one of us wants to be successful, but we often rely on luck and chance to achieve our goals. The best example in this case is someone who wants to get rich but only has one alternative: playing the Lotto. Of course, there are chances of becoming rich over night, but how likely is it that this will actually happen? Creating a realistic plan in order to achieve the desired results is vital in any case, no matter how high or low your hopes are.

The safest way to do this is by taking successive steps and gradually increasing your chances of reaching your ideal. Try to think of a metaphor and compare your desires with a professional swimming competition. The first thing you need to do, in order to have chances of winning the race, is to make sure you are not afraid of the water. Before you even consider entering the race you have to eliminate your fears. They are the ones holding you back, but be careful, some of your fears might save you from getting hurt or failing.

Once you are convinced that your goal is worth fighting for, you have to start the hardest stage in you plan: preparation. You cannot expect to win a professional swimming race when you don't even know how to swim. Start with the basics and never skip any steps out of desire of reaching your goal faster. The experience and knowledge you are skipping will probably come back and hurt you later on. Prepare by taking gradually increasing steps. Swim half a lap first, and then move on to a full lap. Your skills will progress each time and you will soon beat your own lap records every time you enter the swimming pool. It might take days, weeks or years to prepare for the "race", depending on what your goals are. The main thing is to enter the race feeling confident in your own success and having all the skills that would allow you to win.

Taking steps one at a time and keeping your plan realistic gives you two important benefits. The order and precision of a plan brings confidence. You don't feel like you are reengaging each new issue on a day-to-day basis.

Organizing your strategy reduces the chances of making wrong moves or taking less efficient decisions. Secondly, having a sound plan has many psychological benefits and your subconscious mind worries less, giving you more energy to concentrate on what's important. You are creating a pattern in your awareness that accepts success and integrates it in your plan. When both you conscious and your subconscious mind believe in your chances of reaching a goal you benefit from a power of concentration and focus that eliminate outside interference and let you follow the shortest path to success.

Even though chance may still play an important role in your quest to reach your ideal, having a realistic plan let's you change the "unlikely" into "possible".

Self improvement as a goal is wonderful for people everywhere. However, to actually reach these self improvement goals, some success tips can sure come in handy. So here are some tips to help you reach your goals.

Review the Past

Take an overview of your past into consideration when planning your future self-improvement goals. See what mistakes you made and how you can improve upon your past efforts. Then move on ahead and plan accordingly. Failure to look back can result in history repeating itself. While 'good' history may be fine to repeat, few want old bad habits to crop up, especially when unprepared for them. So plan ahead and learn how to bypass or overcome any past difficult hurdles.

Create a Plan

Don't rely on memory to help reach your goals. Map out formal plans for all of the areas; personal plans, business plans, fitness plans, dietary plans, etc. Start by researching your areas of focus, conferring with professionals (experts, mentors, coaches, etc.) in the areas to help establish reasonable goals, action plans to reach them and ways to monitor progress along the way.

Monitor Goals Regularly

Goal-setting is fine, but do follow up and regularly. Get a day planner, calendar, journal or other tool and jot down:

- Your specific goals and targeted deadlines for meeting them.
- How you are going to complete the goals, logging in the exact steps each week or month or however often you are going to work on them plus where you should be at each stage along the way.
- Log your progress as successfully being completed or not. And if not, jot down areas of difficulty and how you are going to overcome these difficulties and forge on relentlessly ahead.

Take Charge of Your Mindset

Get into a positive mindset going every morning when you wake up so that you are on the right track right away. For example, motivational speaker Zig Ziglar likes to wake up and before even getting out of bed in the morning, he claps his hands together and shouts out, "Boy, it's gonna be a grrrrrrrrrrreat day!"

If you have no special ceremony or routine along these lines, you can experiment to see what works best like plugging in to a motivational recording (audio cassette or MP3 file) with your morning juice or while you're taking care of grooming and dressing activities. Check with your local library to see what resources they have available for you to try: cassettes, DVDs, CDs, etc.

Don't leave this to chance, though. Feed your mind just like you do your body. If you don't, others will. Media, Internet communications running 24 / 7, television shows and are constantly bombarding you with information for your mind. So take charge and feed it good stuff that YOU want, information to help you.

Overcome Challenges

Make it a goal to overcome any and all obstacles in the paths to achieving your new self improvement goals. List ways to get help, too, like:

- Turning to the public library for reference materials and other resources
- Seeking out offline and online articles, mentors, coaches, industry portals, tips, tools and resources, forums for meeting people who can offer tips, advice, resources and other places.
- Support groups and associations in your area or online in your niches / industries of interest, like the Small Business Administration at: <http://www.sba.gov> or SCORE "Counselors to America's Small Business" at: <http://www.score.org>

Yes, Just Say No

To the 'negative' junk out there whenever possible. This includes bad habits like addictions (drugs, alcohol, sex, gambling, abuse, etc.) and bad music lyrics, complaining and even hanging around negative people. It's too easy to join in and follow the crowd with a snowball effect. So instead, stay healthy, around healthy people and healthy habits. Focus on the positive.

Embrace Change

Too many people fear change, and change is inevitable. So instead of fighting it, reach out and grab it, holding it close. To help, keep up with the latest in your industries. For example, learn online technologies (email with attachments, blogs, RSS feeds, etc), subscribe to industry publications; newsletters, blogs, RSS feeds and ezines, etc.

Continued Education

Too many people think that once they graduate from high school, they don't need to read any longer. Not! News flash: if you don't push yourself, no one else will. OK, maybe a spouse or parent. But the main point is to keep developing your mind. Learn about successful people in your industries of focus. Find out what works and what doesn't regularly by attending a key annual event with workshops, speakers, industry educational tools and networking. Sign up for online training, ecourses, webinars, telephone conferences and more to participate in guru interviews with question / answer periods at the end. Make your learning a continual part of your life.

Give Back / Lose "Self" in Self-Improvement

Growth also means giving back. There is no need to always focus on the "self." On the contrary, often during times where difficult challenges present themselves, taking a time out to help someone else in dire straights – with much greater challenges, for example, can work wonders. After you volunteer in the other direction for awhile, you can return fresh and tackle your own obstacles with new insight and confidence. So give of your time: teach, donate help with a project somewhere, donate services or products, be a mentor or coach, encourage someone, offer free consulting, etc. But do give back.

Time & Business Management

Improve your time management and business skills. A couple of good books to check out for help in these areas at the public library are, “No B.S. Time Management for Entrepreneurs,” and “No B.S. Business Success,” both by Dan Kennedy. You need to harness your time and make the most of it by listing tasks, deleting time wasters, and prioritizing. And regardless of which type of business you are in, even if you work for someone else, the more you understand business, the more productive you’ll be – for your company and yourself, so that you work at peak performance for peak reward possibilities.

Planning systems can also help with these areas of focus. Those by Franklin Covey are available in print and as software, compatible with Microsoft Outlook (calendar, communications and planning tools) and with handheld tools. These help you log and track tasks, setting goals, measuring them and prioritizing them.

Get Help

Don’t try to make, set and reach your goals all alone. Get help. Teamwork is great and can help you reach your goals faster and in a much more efficient manner. With help, you have people to encourage you, touch base with you throughout the year on your progress (holding you accountable), and people you can also help (giving back), network with and make friends with, even.

Safety

Be safe by protecting your computer from unwanted viruses and bugs with downloadable anti-virus and firewall tools, many of which are even free:

- ZoneAlarm from Zone Labs by Checkpoint Software Technologies at:
<http://www.zonelabs.com>
- AVG Free Anti-Virus and Anti- Spyware software by Grisoft at:
<http://free.grisoft.com>
-

And learn all you can about how to protect yourself from identity theft. One place to start is with the FTC (Federal Trade Commission) website at:
<http://www.consumer.gov/idtheft/> .

Check with your insurance agent about any identity theft protection policies available, too. Basic homeowner policies often have an addendum you can purchase for very little, especially when compared to what you stand to lose in time, money, loss, aggravation, new financial accounts & id's for replacement, etc.

JVs / Collaborations

Work with others in joint efforts. This increases your scope and outlook, plus can make the end results much more rewarding than if you'd done everything by yourself.

Praise / Compliments

Hand out praise and compliments more. Too many people stop telling others how nice they look, how well their work was, how much they're appreciated. Spread sincere praise around.

Financial Improvement

Don't neglect your finances. Self improvement also means self accountability, so pay debts in a timely fashion, don't bounce checks and go over credit

limits, increasing your amount owed and messing up your credit history. Take charge of your budget and spending with good record-keeping. Get help if necessary from your local banker or a financial advisor. Bottom line: be accountable.

Feedback

Be open to comments from peers, your boss(es), clients, co-workers, etc. No need to be a rug, but do be open to constructive criticism and how you can improve.

Passing the Buck

If something is or was your fault, own up to it, apologize and more on, offering a solution and help in any damage-control needed afterwards. Too many people run from things or shift the blame. Take charge and take control and responsibility in your actions. You did the best you could with what you had, so there's no shame there. Everyone makes mistakes. It's how you deal with them that counts more.

So reach out for continual self improvement. Keep these success tips handy. And establish, take charge, monitor and reach your self improvement goals with success.

The Greatest Motivation: Success

What better way to motivate ourselves to move towards our goals than to have the object of our fascination as a source of motivation? If we want to live in a bigger house, let that house be our motivation. If we want to have a better job, let that new job with a big paycheck be our motivation. And if we want to have an international business, why not let that international business give us the nudge we need to trudge forward.

We understand that the biggest obstacle and challenge to being successful is the lack of motivation. Sometimes, when we're halfway through a journey, we find ourselves slacking. It's like writing a novel. Novel writers will happily tell you about how easy it is to start a project and how difficult it is to see it through to the end. Achieving success is a lot like that. You have a million and one starts, and practically not a single ending. Or even if we have lots of endings, most of them are premature and way off mark.

Never lose sight of success

The fastest way to success is to keep your eye on that success all the time. Consistently. Never peel your eyes away from the fact that one day, you're going to get what you want in life. It's not hope. It's not a wish. It's not even a goal! It has to be a fact. When you think success is not an option but a fact, the faster you will get it.

Take, for example, Olympic swimmers. If Olympic swimmers want to get their gold medals, they are trained to go through a series of mind-boggling workout sessions every single day and are consistently psyched up about WHEN they are going to achieve their goals. Not IF but WHEN. Only when they start viewing the gold medal as a necessity, envisioning the gold medals hanging from their clothes hook on their wall will they feel adequately motivated to move unwaveringly towards that goal.

Surrounding Yourself With Success Minded People

We've personally heard of people who are so geared for success that they are literally living in a world of success, enjoying the things that they would enjoy when they are successful. This plays up the part of it being the biggest motivation, and when it is all around you, you cannot ignore it.

By surrounding themselves with successful people or success-minded people the rewards are limitless. Not only are their friends able to share their positive

views on how to better reach their goals, they are in the position to motivate each other and share tips and tricks! Regardless of what an optimistic person you are, you are still susceptible to feeling negative, sad, disappointed and impatient about achieving your goals. Positive and success minded people can offer a sympathetic and understand shoulder to cry on and then help nudge you on your way.

A Book Of Vision

And we think there's nothing better than self-motivation. Try making a book of dreams to help remind you of your goals. Cut and paste pictures of people or things that can remind you of your goals...and let yourself smell success every time you flip those pages.